



## TRAINING DAY MEAL

# Turkey kofta with pilaf and tzatziki

## INGREDIENTS (1 serving)

### FREEZABLE

- 400g (14oz) ground turkey breast mince
- 100g (3.5oz) onion, diced
- ½ tsp cinnamon
- ½ tsp cumin
- ½ tsp cilantro
- 1 tsp paprika
- small handful of fresh cilantro, chopped
- 5g (0.2oz) coconut oil
- 220g (7.9oz) precooked brown rice or 75g (2.6oz) uncooked brown rice
- 1 cinnamon stick - optional
- 110g (4oz) 0% fat Greek yogurt
- small handful of fresh mint leaves, chopped
- 165g (5.8oz) green vegetables (spinach, kale, broccoli, mange tout or green beans)

This is a great summer dish and is brilliant on the barbeque. It's a lean version of your local kebab house's lamb kofta and packs a punch with the flavor.

## METHOD

Preheat your broiler to maximum.

Tip the mince into a bowl. Add half the diced onion, all the dried spices and fresh cilantro, then mix the whole lot together thoroughly - I find the best way is to get your hands in there.

Mould the mixture into equal-sized sausage shapes around a skewer and place on a baking tray. Slide them under the broiler for 5 minutes on each side or until well browned and cooked through.

Meanwhile heat a non-stick pan to a medium heat and gently fry your remaining onions in the coconut oil for 2-3 minutes, add your rice, cinnamon stick and splash of water, continue cooking for 1-2 minutes.

When the koftas are ready, mix the mint through the yogurt, pile your rice on the plate, top with the koftas and serve with a portion of your favorite green vegetables steamed, blanched or boiled.